## What Is Claimed Is:

1	1. A portable user appliance for receiving a digital
2	video stream embedded in a vertical blanking interval of a broadcast
3	television signal comprising:
4	a television tuner for receiving the over-the-air broadcast
5	signal;
6	a vertical blanking interval frame grabber for receiving the
7	digital video stream;
8	a digital decompressor for decompressing said digital video
9	stream into a decompressed video stream;
10	a display displaying the decompressed video stream.
1	2. A portable user appliance as recited in claim 1
2	further comprising a cradle coupled to a first antenna, said cradle
3	receiving said portable user appliance.
1	3. A portable user appliance as recited in claim 2
2	wherein said cradle is disposed within an automotive vehicle.
1	4. A portable user appliance as recited in claim 2
2	further comprising a second antenna coupled to said cradle, said first and
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3	second antenna coupled to a control circuit for determining a first signal
4	strength of said first signal and a second signal strength of said second
5	signal and comparing the first signal strength to the second signal strength
6	and coupling the greater of the first signal strength and the second signal
7	strength to said portable user device.

1	5. A portable user appliance as recited in claim 1
2	wherein said timer, said frame grabber, and said display are coupled
3	within a personal digital assistant.
1	6. A portable user appliance as recited in claim 1
2	wherein said timer, said frame grabber, and said display are coupled
3	within a cellular phone.
1	7. A portable user appliance for receiving a digital
2	video stream embedded in excess bandwidth of an over-the-air digital
3	broadcast television signal comprising:
4	a television tuner receiving the over-the-air digital broadcast
5	signal;
6	an excess bandwidth frame grabber for receiving the digital
7	video stream;
8	a digital decompressor for decompressing said digital video
9	stream into a decompressed video stream;
10	a displaying the decompressed video stream.
1	8. A portable user appliance as recited in claim 7
2	further comprising a cradle coupled to a first antenna, said cradle
3	receiving said portable user appliance.
1	9. A portable user appliance as recited in claim 8
2	wherein said cradle is disposed within an automotive vehicle.
1	10. A portable user appliance as recited in claim 9
2	further comprising a second antenna coupled to said cradle, said first and
3	second antenna coupled to a control circuit for determining a first signal
4	strength of said first signal and a second signal strength of said second

comprising the steps of:

5	signal and comparing the first signal strength to the second signal strength
6	and coupling the greater of the first signal strength and the second signal
7	strength to said portable user device.
1	11. A portable user appliance as recited in claim 10
2	wherein said timer; said frame grabber; said display are coupled within a
3	personal digital assistant.
1	12. A portable user appliance as recited in claim 7
2	wherein said timer; said frame grabber; said display are coupled within a
3	cellular phone.
1	13. A method of operating a portable user device
2	comprising the steps of:
3	receiving over-the-air analog broadcast signals with an
4	antenna;
5	receiving a digital video stream within the vertical blanking
6	interval;
7	decompressing said digital video stream into a
8	decompressed video stream; and
9	displaying the decompressed video stream.
1	14. A method as recited in claim 13 wherein the step of
2	receiving over-the-air analog broadcast signals with an antenna comprises
3	receiving over-the-air analog broadcast signals with an automobile
4	antenna.
1	15. A method of operating a portable user device

3	receiving the over-the-air broadcast digital broadcast signals
4	with an antenna;
5	receiving a digital video stream within excess bandwidth of
6	the digital broadcast signals;
7	decompressing said digital video stream into a
8	decompressed video stream; and
9	displaying the decompressed video stream.